

TAY - TRANSITIONAL AGE YOUTH (AGES 15-26)

TAY DAYS @ THE CAPITAL

NO MORE SILENCE,

RECLAIM YOUR VOICE.

AUGUST 5-6, 2020



MHSOAC
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TAY DAYS • AUG 5-6



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NO MORE SILENCE, RECLAIM YOUR VOICE.

This year's two-day free virtual event theme is **"No More Silence, Reclaim Your Voice."** Our programming will embody this theme as we center our performances, workshops/trainings, and panels around empowering and amplifying the voice of transitional age youth (TAY) across the State of California. This event will engage and connect youth with other mental health stakeholders in order to learn about the current state of TAY mental health.

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How do I tune in? We will be streaming live on both Facebook and YouTube! See pages 5-6 for each day's broadcast link and choose your channel!



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NO MORE SILENCE, RECLAIM YOUR VOICE

"MEANS EMPOWERING YOURSELF AND SHOWING UP FOR YOURSELF SO THAT OTHERS CAN DO THE SAME. FOR YOUTH, THIS MEANS STEPPING INTO A NEW STAGE IN YOUR LIFE, AND THE START OR CONTINUATION OF PRESENTING THEMSELVES AS AN INDIVIDUAL BEYOND THE PSYCHOLOGICAL NEST THAT THEY BEGAN IN. YOUTH ARE TEENS TO YOUNG ADULTS WHO ARE CULTIVATING WHO THEY WANT TO BE AND THAT'S NOT A REACTION TO SILENCING ALONE, BUT AN ACTION OF SELF-LOVE."

-Eboni Stallworth, CAYEN Board Member



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DAY
01

4:00 PM – 7:00 PM

PROGRAM

Welcome by Assemblymember Ramos

Keynote Speaker, Prameela Boorada "2 Truths and a Story"

Advocacy through Artful Expression

Cueva\$
Lauren Cameron

Youth in Action Across California: "Local Advocacy & Youth Leadership"

Panel – Sascha Rose-Smith, Santa Barbara County
Anna Isabel Mejia, Monterey County
Mimi Mier-Rosales, San Francisco County
Christina Aguilar, Sacramento County
Sam Rose Garcia, Los Angeles County

Advocacy through Artful Expression

Chianne "Cloudy" performs "If The World Were to End"



What Needs To Change: Mental Health in My Community

Panel – Zofia Trexler, CAYEN President
AJ Aguilar, CAYEN Co-Vice-President
Riana Jane Youngken, CAYEN Board Member
Xiaoyuan (Clare) Zheng, CAYEN Board Member

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DAY
02

10:00 AM – 2:00 PM

PROGRAM

Welcome by Zofia Trexler, CAYEN Board President

Advocacy through Artful Expression

KALI (K-RA!)

Keynote Speaker, Matthew Diep “Seen, Not Silenced: The Story Behind My Scars”

Advocacy through Artful Expression

Kare Collective - Hip Hop/RnB
Alex Huynh - Spoken Word
Daniella Park - Singer
RJ Abesamis - Spoken Word

Racial Healing Circle - Charge Up with Adrienne Aligned

Presentation of Multimedia Voice Project

Transitional Age Youth (TAY) across the state worked with ACT (All Children's Thrive, UCLA) to create Multimedia Voice pieces, a community based participatory research & advocacy tool. Each youth chose or created an image or other media that reflects a youth mental health issue in their community. The multimedia voice piece is unique in that the youth identify the issue that other youth in their community are impacted by, they explain what these unresolved issues mean to youth, and provides a solution, from the youth's perspective. It is a powerful tool for advocacy as youth across the state of California lack access to youth-led services.

Sixti Satterfield, Santa Barbara
Dawson Kelly, Santa Barbara
Mishell Carcamo, Santa Barbara
Daira Ramos-Montero, Santa Barbara
Sascha Rose-Smith, Santa Barbara
Zabreen Shaikh, San Francisco
Vivian Leon, San Francisco
Luka Fernandez, San Francisco
Ashely Tamy, San Francisco

Anna Isabel Mejilla Contreras, Seaside
Cynthia O. Naranjo, Seaside
Leonardo DelToro, Seaside
Emily Garcia, Seaside
Jonathan Lopez, Los Angeles
Eleazar Lima, Los Angeles
Sam Rose Garcia, Los Angeles
Serena Holland, Los Angeles



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DAY 02

BREAKOUT SESSIONS

PARTICIPANTS MAY CHOOSE ONE OF THE FOLLOWING TO ATTEND. LINKS WILL BE PROVIDED IN THE COMMENT SECTIONS OF THE LIVE PROGRAMMING.

01.

11:30-1:00 PM

**How to use storytelling & Advocacy Training
Followed by Legislative Visits for Pre-registered Participants**

You will be provided with youth-friendly tools and have an increased understanding of the policymaking process and how you can participate in advocacy.

Gabriel Garcia, Policy & Advocacy Manager at Youth ALIVE!

02.

12:00-1:30 PM

“Defunding Systems: How We Enact Change”

Learn how #studentsdeserve, a youth group, mobilized and successfully defunded the police to create community mental health programs.

Maya Batiste

Sarah Djato

Kahlila Williams

Jessica Palacio



03.

12:00-1:30 PM

“Implementing Youth Leadership in Community Programs: Native Youth Ambassadors on Mental Health & Empowerment”

Learn how to successfully incorporate youth leadership into community mental health programs. A conversation with Native Youth Ambassadors & Sacramento Native American Health Center (SNAHC) CEO.

Native Youth Ambassadors:

River Burkart

Isaiah Aguilar

Merissa Posh

Britta Guerrero



**After Breakout Sessions, return to main programming
for Opportunities For Action**

**OPPORTUNITIES
FOR ACTION –
WHERE YOU CAN MAKE A CHANGE**

**INVITATIONS TO VIRTUAL LOCAL TOWN HALL
EVENT WEEK SERIES**

August 24th

Santa Barbara County

August 26th

San Francisco County

August 27th

Los Angeles County

August 29th

Monterey County

Follow us on **Instagram @ca_yantwork** for details

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BIOS



Lorne Wood

Lorne Wood is Co-Vice President of California Youth Empowerment Network (CAYEN). Lorne is a Peer Mentor and Peer Training Specialist with Stars Behavioral Health Group Stars Training Academy. Lorne's lived experience with learning how to manage his own depression and anxiety have helped him to excel in life. Lorne spent most of his childhood in foster homes and group homes throughout Los Angeles County. Lorne now financially supports himself, has an apartment, is pursuing his college education and holds a demanding professional job.



Assemblymember James C. Ramos - 40th District

In November 2018, Assemblymember James C. Ramos became the first California Native American elected to the state's Legislature. He is a lifelong resident of the San Manuel Indian Reservation, member of the Serrano/Cahuilla tribes. Assemblymember Ramos was also the first Native American elected to the San Bernardino County Board of Supervisors as well as to the San Bernardino Community College Board of Trustees, and the first Native American appointed to the California Board of Education. He is a former chair of the San Manuel Band of Mission Indians and is a small business entrepreneur. The lawmaker places a priority on public service and fostering Native American opportunity and participation in public institutions. Assemblymember Ramos works to preserve California Native language and culture.



Prameela Boorada

Prameela Boorada is an artist, social impact advisor, advocate and storyteller. She graduated from UC Davis with a degree in Quantitative Psychology. Through college, she designed and facilitated several mental health and sexual assault awareness workshops. Post-graduation, she has worked as a UX designer and an associate product manager. She has worked on researching and designing a prototype for an anxiety care app. She was an Advocacy Fellow with HeadStream Innovations where she researched youth wellbeing in digital spaces through the lens of diversity and vulnerability. As part of her fellowship, she designed the magazine, "The Unfiltered Archive: Vulnerability in Digital Spaces," centered on different ways that vulnerability intersects with youth wellbeing. Prameela has been featured on podcasts and serves as a youth advisor to numerous projects on digital wellbeing. Prameela now works full time in social impact and is a mental health advocate within South Asian communities. Prameela also enjoys painting abstract artwork, penning poems or trying to perfect macarons.



Cueva\$

The latest artist representing the west side. Cueva\$ sounds like a poetry slam broke out in the middle of a Long Beach house party. Being raised in Long Beach and Sacramento, CA Cueva\$ has curated multiple community events to help youth find their voice and uplift the streets.



Lauren Cameron

Lauren Cameron is a 26 year old musical artist. Lauren's musical skills could be seen as early as age 7. By age 12 Lauren was singing, playing, and performing in front of family and friends at holiday gatherings as well as musical theatre productions in school. A naturally gifted talent, Lauren taught herself both guitar and piano and has been writing songs since primary school. Lauren's biggest dream is to positively affect people with her music. Lauren has been recognized by Andrew Goud from EMI Music publishing about their songs as well as 5 time Grammy Award Winner Kuk Harrell. Most recently she has been performing locally gaining recognition from Sacramento talent and making a name for herself in the city that raised her.



BIOS CONTINUED



Sascha Rose Smith

Sascha Rose Smith is a senior in high school, from Santa Barbara. She has interned at the Santa Barbara Mental Wellness Center for two years, which has taught her about mental health, leadership, and community outreach. She is also on the leadership team for the Youth Wellness Club at her high school where she helps educate her peers on mental health, communication, and resources for help. Sascha is inspired to make a change in her community for students to receive mental health education in school and have access to mental health resources, no matter their cultural or socioeconomic background.



Anna Isabel Mejia Contreras

Anna Isabel Mejia Contreras a 17 years old senior in high school. Anna Isabel is the president of the Seaside Tanisitional Age Youth Team in Monterey County. Anna Isabel is multicultural, Mexican and African American and has a large interest in culture, language, and social justice issues. Anna Isabel is the president of the Hispanic Culture Club at York School. She has been a member of the Monterey County NAACP Youth Council since 8th grade. She also volunteers at the Village Project working on multiple programs.



Maria Mier-Rosales (Mimi)

Maria Mier-Rosales (Mimi), a San Francisco native, currently works with the Mental Health Association of San Francisco (MHASF). Mimi has battled with mental health for as long as they can remember, living in many different neighborhoods, attending many different schools. Mimi has been in foster care more than once. Mimi's parents have been incarcerated and have history of drug use. School was very difficult with this background. Mimi would daydream about suicide on a daily basis. This led her to enter a residential inpatient facility . Upon release, Mimi transferred schools and was given an opportunity as a mental health intern. That opportunity led Mimi to MHASF. Mimi is proud to be a Peer who supports others. Mimi expresses themself and connects with others through many forms of art; drawing/painting, music, dance, writing, fashion, makeup and more.



Christina Aguilar

Christina Aquilar is an advocate within the Muslim community, passionate about educating others on the importance of mental health, awareness and resources. Christina developed a short documentary called "Let's Talk About Mental Health: A Look Into Suicide Prevention," highlighting everyday mental health struggles, the importance of seeking support and how to do so. Christina is currently the program manager of Amala Hopline, a program of Muslim American Society – Social Services Foundation, a resource dedicated to providing peer support and resource referrals to Muslim youth callers. This safe place is a free resource that provides a confidential and cultural competent space to prevent feelings of isolation among Muslim youth. Every day is a chance to remind someone that they have someone in their corner no matter how dark it may seem.



Sam Rose Garcia

Sam Rose Garcia, pronouns they/them/theirs, identifies as a non-binary lesbian, is 18 years old and is a Youth Organizer for the East Los Angeles Women's Center. Sam's activism began five and a half years ago after a severe decline in mental health. Within one year, Sam's friend was murdered on the front steps their middle school and Sam lost their great grandmother. When Sam was 16 years old, they were diagnosed with an anxiety disorder, major depressive disorder and later with PTSD. After learning how to cope, Sam became an advocate. Sam fights for affordable, accessible mental health resources and mental health equality for queer youth of color in low-income communities. Sam also educates their Los Angeles community about the way in which social, political, and economic institutions contribute to mental health and mental illnesses.



BIOS CONTINUED



Chianne Cloudy

Cloudy is a 17 year old performance poet from Sacramento, California. She has been writing for 6 years and performing for 3. Cloudy graduated from Sacramento High School and will be attending UC Riverside as a Creative Writing Major in the fall. She enjoys most of the performing arts and building people/communities up. Cloudy self-published her first book *Receipts of Ungiven Gifts* in November of 2019; which you can find on Amazon. Cloudy is one of Sacramento's 2020 Youth Poet Laureates and a member of The Black Artists Fund's advisory board in Sacramento. Cloudy was also a Street Team Member with the Crocker Art Museum's community outreach program, Block by Block. She has participated in multiple projects around Sacramento to build up the community by spreading art throughout areas that usually would not have access to it.



Riana Jane Youngken

Riana Jane Youngken is a California Youth Empowerment Network (CAYEN) Board Member from Southern California. Riana Jane is a graduate of San Francisco State University with a B.A. in Environmental Studies. She became interested in mental health advocacy and policy when her individual struggles brought light to the systemic issues that exist in the world today. Riana Jane has taught topics centered on the Filipino-identity and history in America as an educator for Pin@y Educational Partnerships (PEP). As a Pinay (Filipina American), she knows that one's cultural background plays an important role on both the perception of mental health and different, non-western, approaches to healing. Raina Jane's mental health advocacy is rooted in her identity as a Pinay and her desire to see youth of all backgrounds find self-understanding and empowerment in their identities.



AJ Aguilar

AJ Aguilar is Co-Vice President of California Youth Empowerment Network (CAYEN). As a member of the Picayune Rancheria of Chukchansi Indians, a tribe in Central California, she advocates for her community and uplifts the voice of Native Americans in California. She has a Bachelor's with a focus in creative writing and journalism from the University of California Davis. AJ uses writing as a tool of advocacy, locally and internationally, to bring awareness to the stories of the invisible, underserved, and marginalized communities. Her work has been featured on Native Activism in Sacramento and in interviews with philanthropists implementing universal basic income experiments in Kenyan Villages. AJ uses her lived experience with the California mental health system to bring change and uplift the voices of Natives and other marginalized communities.



Zofia Trexler

Zofia Trexler, President of California Youth Empowerment Network (CAYEN), is a 17 year old college student from the Central Valley. Her interest in mental health and Transitional Age Youth advocacy began with her own lived experiences and struggles. She firmly believes that decades of experience in the mental health field aren't necessary to push for and create systemic change. In addition to her work on the CAYEN Board, she is a member of The kNOW Youth Media and the Fresno Youth Platform, two programs focused on uplifting the youth voice in her hometown of Fresno, California.

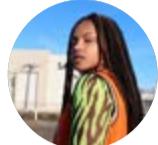


Xiaoyuan (Claire) Zhang

Xiaoyuan (Claire) Zhang is a California Youth Empowerment Network (CAYEN) Board Member. She recently graduated from UC Berkeley with a BA in psychology, and is a member of Phi Beta Kappa and Psi Chi. Claire's interest in mental health originated from her own experience with an anxiety disorder when she was in high school. In college, she saw many people around her struggling with mental issues but there was lack of support. That inspired her to start a student organization called "Mood Psychology at Berkeley," dedicated to promoting psychological well-being for Berkeley students. Claire volunteers with Crisis Text Line as a crisis counselor to assist others who are struggling with suicide, self-harm, and sexual/physical abuse. Claire helps texters move from a hot moment to a cool calm.



BIOS CONTINUED



Kali (K-RA)

Kali Ausselet (K-RA) is a poet, writer, a brand owner, and a free hand artist. Her brand P.W.R. (The People with Reason) celebrates diversity in art and people who have an incredible drive to pursue their higher talents/dreams/etc. As a psychology/behavioral science major she plans on furthering higher education and working with kids in low-income communities while bringing awareness to emotional health, homelessness, and physical well-being. She also models and motivates people of any shape, size and color to capitalize on their uniqueness and beauty. Kali is a student in spiritual practices and promotes everyone to find their higher self and prosper.



Matt Diep

Matthew Diep is a Vietnamese-American TAY (transitional-aged youth) whose advocacy began through his lived experience with the mental health system, having been forced into inpatient care multiple times in high school as he struggled to navigate the intersections of his queer, ethnic, and religious identities. During these dark moments in his life, the expressive arts were a powerful source of strength and discovery that allowed him to find self-love and acceptance. His love for the arts pushed him to develop Psypher a student organization at UCLA in 2017 and later create his nonprofit Psypher, which blends community-based research and emerging technology to develop youth-centered wellness programs that embrace the expressive arts. He and his POC (People of Color) TAY team have served over 1,500 individuals, provided free virtual wellness workshops for TAY as a response to COVID-19, and continue to work closely with youth & community. Matthew believes wellness is a basic need, not a privilege, and he imagines a world where we can make wellness accessible to youth everywhere by recognizing and uplifting their diverse voices.



Kare Collective

Accomplished performers using their music to spark awareness and action, Kare is a fresh faced Sacramento Future Soul Trio. Sharp, intricate electronic production and fearlessly introspective lyricism from brothers Duskafrdawn and Yeshayah Yisrael. Thought-provoking images and beautiful imagery by Deveon Smith. Quickly gaining notice for their community workshops as well as their live performances. The group works to coordinate self care efforts in the Sacramento community throughout workshops and community events with the Sol Life media team out of the Sol Collective Arts and Cultural Center. Kare has already shared the stage with many underground legends. KARE is powerful, poetic, and poised to use music to bring a danceable brand of revolution to the people.



Alex Huynh

Alexandra Huynh is a 17 year old Vietnamese-American poet from Sacramento, CA. She has performed at venues including the UC Davis SAYS Summit, the California Environmental Justice Alliance Congress and the Crocker Art Museum as an ambassador of youth voice. Alexandra earned a place on the 2019 Sacramento Area Youth Speaks Slam Team and is currently one of Sacramento's 2020 Youth Poet Laureates. In her work, Alexandra boldly confronts the dynamic between silence and compliance within the Vietnamese-American community. This fall, she will be attending Stanford University where she hopes to combine her passions for chemistry, creative writing, and civic engagement.



Daniella Park

Daniella Park is entering into her senior year of high school and is an artist from Southern California. She is president of her school's Asian Club, volunteers with DreamCatchers helping hospice patients, and is a member of Interact National Honors Society. Daniella's mental health took a toll as she experienced stress and anxiety during her transition from junior high to high school. During these hard times Daniella used music as a way to encourage and comfort her through these times. Today she uses her music to provide encouragement and an escape for others.



BIOS CONTINUED



RJ Abesamis

RJ Abesamis pronouns are she/her/hers and they/them/theirs. RJ identifies as a queer Pilipinx-American. RJ currently attends Cal State Fullerton, double majoring in Asian American Studies and Cinema and Television Arts, in the pursuit of creating intersectional cultural work for underrepresented communities through spoken word, visual art, and music.



Adrienne Aligned

Adrienne Aligned is an anti-racist altruistic alchemist, inner light infuser and safe space creator that has been in community, organizing and advocating since 2017. Adrienne has had the honor of holding down the frontline many times whilst simultaneously putting in plenty of work for The People in the background. As time evolved so did Adrienne and additionally Adrienne's efforts. Adrienne is a mother and a mystic on a mission. Adrienne aim to intentionally offer and in divine time, normalize nontraditional community services that empower marginalized people and assist in the realignment of power to the people. Adrienne creates and co-collaborates to create safe spaces for people to come as they are to collectively chill, heal and begin to build. Nobody is free when other people are oppressed.



Gabriel Garcia

Gabriel Garcia is a passionate community advocate who has traveled around the country training youth and community members on how to engage in the policy making process. Gabriel's approach to teaching policy advocacy as a form of storytelling is designed around the idea that policy shapes our lived experiences, so our lived experiences should also shape policy. Although his career has called on him to advocate for policies across different issue areas, his policy priorities have remained rooted in achieving justice and equity for California's most marginalized communities. His ultimate goal is to provide youth and community members advocacy tools and best practices to help them become champions for themselves and their communities. Gabriel currently serves as the Policy & Advocacy Manager for Youth ALIVE! A community based organization in Oakland focused on preventing and helping people heal from violence.



Merissa Posh

Merissa Posh is 15 years old and in the 10th grade. Merissa is a proud young Pomo woman. Merissa is part of the Native youth ambassadors at Sacramento Native American Health Center (SNAHC). Merissa is a part of the native teen talking circle. Merissa has been a speaker in videos addressing mental health and suicide.



Sienna Posh

Sienna Posh is 13 years old and lives in Sacramento. Sienna is part of Sacramento Native American Health Center (SNAHC) youth group that addresses stigma, mental health and suicide prevention. Being part of the group gave Sienna a better understanding about all of these subjects and Sienna became more open minded.



Isaiah Aguilar

Isaiah Aguilar is 15 years old and in the 10th grade. He is Cherokee, Apache, Pima, and Tohono O'odham. Isaiah is part of the Native Youth Ambassadors at Sacramento Native American Health Center (SNAHC). Isaiah is a relationship builder within his community. Isaiah is also a baker and a competitive swimmer.



River Burkart

River Burkart is part of the Lakota, Cherokee, and Choctaw tribe and is from Sacramento, CA. She is part of her schools GAY Straight Alliance Club and Career Technical Educational Program. She is a Native Youth Ambassador who uplifts the Native Youth voice because it is often times left out of the conversation. She hopes to bring awareness and uplift the mental health issues that exist in her native community. The Sacramento Native American Health Center was the only place for resources available to her community and is where she began to help youth and elders get connected to services. River wants to continue helping her community and uses journaling as a way to express herself and as a tool for mental wellness. She hopes to pursue business and give back to her community.



BIOS CONTINUED



Britta Guerrero

Britta Guerrero is the Chief Executive Officer of the Sacramento Native American Health Center, Inc. She is an Urban Indian and a Community Health Champion. Radical Collaborator. Change Maker. Doer.



Maya Batiste

Maya Batiste is leader in Students Deserve. She is a recent graduate of Westchester Enriched Sciences Magnets and will be attending UC Riverside majoring in African American Studies in the fall. She founded and led a chapter of Students Deserve at her own school with over 15 active and dedicated members. She is a strong advocate for students rights. She fights for the things she believes. She organized a voter registration campaign at her school. Maya has advocated to the LA Unified School District School Board multiple times to bring awareness to issues at her school and how to better use school funding. This advocacy led to resources being reallocated to Black Students.



Kahlila Williams

Kahlila Williams is a Student Leader with Students Deserve and rising senior at Girls Academic Leadership Academy. For the past three years, she has dedicated her voice to speaking out for Black Students in her community and school and is also the co-founder of the Black Student Union. Kahlila has spoken at protests and school board meetings on behalf of Students Deserve, advocating for the need for defunding school police and reinvestment into the needs of Black Students. In her feature with the Los Angeles Times Kahlila addressed the agreement with the superintendents for schools to remain closed and what it means for her education and her peers. She is a star student and has held several Associated Student Body (ASB) and club leadership positions. In her free time she loves taking walks with her two dogs, doing aromatherapy, and engaging in yoga.



Sarah Djato

Sarah Djato is a rising senior at Dorsey High School and leader with LA Students Deserve, a grassroots organization that works to make Black Lives Matter in schools. She is an amazing organizer and advocate, and was published in the United Teacher magazine that goes out to nearly 40,000 educators about Students Deserve's campaign to ban pepper spray. She was also featured in an article calling for the defunding of school police in LA Unified School District in the notable LA Times. In her spare time, Sarah urges activists to engage in mindfullness practices such as meditations, #Afromations, and art to cope with Current Traumatic Stress Disorder (CTSD) which is caused by the oppressive systems they battle everyday.



Jessica Palacio

Jessica Palacio is a Psychiatric Social Worker (PSW) with LA Unified School District (LAUSD). As a School Social Worker it is very important to Jessica to advocate for the students she serves because a Social Worker by definition is a trained person who aims to alleviate the conditions of those in need of help or welfare. Black and Brown students are calling on allies to help their conditions in these heavily policed schools where the student's welfare is often threatened by police and other forms of anti-blackness. Jessica is interested in effectively supporting students with mental health challenges in a non-threatening manner. Currently, only one third of LAUSD schools have a PSW. Jessica advocates for students by pushing for fully eliminating school police and expanding the capacity of mental health services available to students.

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California



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